

# AIDA SOUTH AFRICA FREEDIVING OPEN

**2- 6 MAY 2007**

**CAPE TOWN, SOUTH AFRICA**

**SIX DISCIPLINES - FOUR DAYS**

**COME AND BE A PART OF THE FIRST EVER SOUTH AFRICAN  
FREEDIVING OPEN TO BE HELD IN CAPE TOWN!**

A freediving competition, unlike most other comps, is more a meeting place than a competing place. Meet experienced freedivers who all gladly share experiences and thoughts, learn how your body reacts to freediving in a more tense competition environment, and push yourself to your limits in a safe way.

In the evenings we will have a programme where we can all meet up, chat about the day's triumphs or disappointments, swop thoughts and also listen to some inspiring talks by experienced divers as well as watching some great photo and video presentations. Freediving is a lifestyle sport, and this is our invitation to you to join our lifestyle of beauty and freedom!

**Where?** Blue Rock Quarry- Somerset West  
Long Street Baths- Cape Town

## **SCHEDULE (PRELIMINARY)**

<b>Wednesday</b>	<b>2 May</b>	<b>Opening dinner/ registration</b>
<b>Thursday</b>	<b>3 May</b>	<b>CNF/CWT/FIM*</b>
<b>Friday</b>	<b>4 May</b>	<b>STATIC</b>
<b>Saturday</b>	<b>5 May</b>	<b>CWT/CNF/FIM*</b>
<b>Sunday</b>	<b>6 May</b>	<b>DYN/DNF**</b>

## **REGISTRATION**

<b>Early bird registration (to be deposited before 12th April)</b>	<b>R 500</b>
<b>Normal rate</b>	<b>R800</b>

**Account details:**  
**AIDA SOUTH AFRICA**  
**NEDBANK LONGBEACH**  
**BRANCH CODE: 125009**  
**ACCOUNT NUMBER: 2250028583**

\*Constant weight/ Constant weight no fins,  
Free Immersion choose which day which discipline  
\*\*Dynamic and Dynamic no fins-  
choose one of the two, or both.

**FOR MORE INFO:**  
[www.freediving.biz/saopen](http://www.freediving.biz/saopen)  
**OR CONTACT HANLI:**  
[hanli@rooibok.se](mailto:hanli@rooibok.se)  
cell: +27 82 2136066

(included in this is the AIDA South Africa Membership fee)  
The rules for the competition are available on  
[www.aida-international.org](http://www.aida-international.org)